

St. James Soccer



Special Interest Articles:

- This is Saturday is MACC Day week's schedule page 3
- See this week's schedule on page 3

Highlights:

| | |
|--------------|---|
| Eat Smart - | 2 |
| Equipment | 2 |
| League Rules | 2 |
| Soccer Rules | 4 |
| Trivia | 4 |

St. James Soccer 2009 - Week 7

It is hard to believe that this week seven already. Those of you who are closely reading the newsletter may have noticed that somewhere I lost count.

St. James Gold dominated St. Mary 10-4 in the opening game. It was a tune up for this weeks match with St.

Rose. St. James White ran into the first place Assumption-White and lost 9-4. The St. James Blue lost to St. Rose 5-3 in a very hard fought game.

In the JV Division the St. James Ivory team won their first game against St.

Bridget-Green. Their two game winning streak was stopped when the lost to St. Rose 4-1. St. James Yellow has a five game unbeaten streak going as the Assumption -Blue 7-3 and St. Christopher 5-3.

Catholic School Soccer - MACC Day

This coming Saturday May 16 will be the designated day for collections for the Manchester Area Conference of Churches (MACC). CSS Representatives from St. Brigid, Corpus Christi and St. Chris will be visiting all fields and asking for contributions for this wonderful organization. MACC is the primary Manchester Area social services agency whose governing policies are directed by 20 area churches. MACC provides emergency shelter, support services, counseling, soup kitchen, community pantry, thrift clothing store and many other services.

Please help the league support this great organization!

St. James Soccer – Upcoming Schedule

Next Saturday, May 23rd is the start of the Memorial Day weekend. There are no scheduled games.

There are optional "friendly" games that are played if there are enough coaches and players available. The games are open roster so we can mix teams.

We will advise everyone early next week if we will play or not.

This is the last week of scheduled JV games. The JV end of season tournament will be held on Saturday May 30th. There are three tournaments and all teams will play at least two games. We will

advise everyone as soon as the schedule is posted.

Varsity teams will play scheduled games on May 30th and the varsity tournaments will be held on Saturday June 6.

Eat Smart, Train Smart, Play Smart – Coach DeGrandi

According to the National Centers for Sports Safety, 3.5 million children ages 14 and under receive medical treatment for sports related injuries each year. Of those injuries, nearly half are overuse injuries due to incomplete bone growth or improper training and conditioning. A recent study, first published in the British Medical Journal, states that those injuries could be significantly reduced with a comprehensive warm up program.

Andrew Clark is the strength and conditioning coach for the Canadian national women's soccer team. He agrees that a dynamic warm-up can benefit any player before playing a sport. Some of the warm-up should include increasing the heart rate, increasing the core body temperature, activating the core muscles, incorporating multidirectional movement, and firing up the nervous system so

messages from the brain to muscle transmit quickly and efficiently.

Whether your kids are playing soccer or another sport they really need to warm-up before they play the actual sport. Try and have your children arrive to all their practices and games early so their body can prepare for the next challenge.

Equipment - updated

Please be sure to remember all of your equipment for all games. This means shin guards, uniform jerseys and cleats.

All equipment should be remembered in both directions both going to the field and when leaving

the field to go home. Please do not forget to bring your equipment home with you.

One item that is just as important as shin guards and soccer cleats is a water bottle. As we get further into the season it is going to get hotter,

especially if you are playing at 1:00 pm.

Please be sure that you child has sufficient water. Proper hydration is very important. Please bring a second bottle of water or a jug to refill the original. It is also a great idea to put your child's name on the bottle.

League Rules - updated

I have been requested by the league to ask that everyone leave their dogs at home. This is a league rule for safety and hygiene reasons

Also, please try to pick up any trash or water bottles left around the fields.

One item that has changed during the season, ear rings should not be worn during a game. We were originally told that they could be covered by tape or bandages. This has changed and ear rings,

like all other jewelry should be removed prior to the game.

"One man practicing good sportsmanship is far better than 50 others preaching it."
-Knut K. Rockne

Schedule of Games May 16 , 2009

Please be sure of your game time and location. If you have a problem and need to contact some one on the field at practice or game day call Jon Sargent's cell (860) 930-0554. Please try to arrive about 15 minutes prior to the start of your game. Also, if you can not make the game please let you coach know.

Soccer (CSS) Spring 2009 Schedule

Saturday, May 16, 2009

| CSS VARSITY | | | | |
|---------------------|-----|----------------------|----------|----------------------------|
| St. James-White | vs. | St. Mary | 8:00 AM | Charter Oak Park - Field C |
| St. James-Blue | vs. | Corpus Christi | 11:30 AM | Charter Oak Park - Field B |
| St. James-Gold | vs. | St. Rose | 8:00 AM | Charter Oak Park - Field B |
| CSS JUNIOR VARSITY | | | | |
| St. Dominic | vs. | St. James-Yellow | 8:00 AM | Veterans Field 2A |
| Corpus Christi-Blue | vs. | St. Christopher | 8:00 AM | Veterans Field 2B |
| St. James-Yellow | vs. | Corpus Christi-Blue | 8:45 AM | Veterans Field 2A |
| St. James-Ivory | vs. | Corpus Christi-White | 2:00 PM | Charter Oak Park - Field C |

Remember: Practices will always be every Wednesday evenings at Charter Oak Field. Junior Varsity is from 5:00 pm to 6:30 pm and Varsity is from 6:00 pm until 7:30 pm.

Follow the results/schedule on line

The Connecticut Catholic School Soccer League maintains a website where you can get the game schedules, results and other current information. Follow this link for their website

[CCS Soccer](#)

If that link does not work paste the following address into your browser

<http://hometeams.online.com/teams/default.asp?u=NORCONNPSL&t=c&s=soccer&p=schedule>

The online schedule is now complete for the season. Scores are usually updated Tuesday or Wednesday.

Coaches will always send out the current week's schedule.

Check the schedule to be sure you know which field your team is playing on.

Click this link to reach the Connecticut Catholic School Soccer League website:

[CCS Soccer](#)

Soccer Rules – "Play On" or "Advantage"

Many times while you are watching a soccer match you will see what you feel is an obvious foul.

Sometimes it looks like the referee saw the foul and almost called it but at the last minute decided against it.

You have just witnessed a "play on" or "advantage"

situation. The referee saw the foul but decided that stopping play would unfairly punish the fouled team. For example, one of our players has a breakaway and is closing in for a shot on goal. The player got fouled but is still on their feet and in control of the ball. The referee

would call "play on" because to stop the play would give an "advantage" to the team that committed the foul. Our player has the chance to "play on" and score the goal.

This week's Soccer trivia question

Who was the first American soccer player to play in the English Premiere League? For the Bonus which team did he play for and what other "firsts" does he own?

Previous answers:

Week 1 answer: Ernst Willimowski scored 4 goals for Poland in 1938 vs. Brazil.

Week 2 answer: Pele's real name is Edison Arantes do Nascimento.

Week 3 answer: Peru's Mario de Las Casas against Romania in 1930

Week 4 answer: The 32 panel ball is most common – a truncated icosahedron



How do the Brazilians learn those tricks with the soccer balls? Practice, Practice, Practice. Even at the beach. They play beach soccer and even beach soccer volleyball (futvolei). On any weekend morning at Copacabana or Ipanema Beaches there will be hundreds of games going on. Even though its fun, soccer on the Wii is not going to help you on the field.

